

- All pregnant/breastfeeding women should receive at least 400 units/day cholecalciferol\* from OTC preparations or “Healthy Start” if eligible.
- All women should be given advice about their calcium intake. Suggested daily intake of  $\geq 1$ g calcium a day (or equivalent of 1 pint of milk)

**‘AT RISK’ POPULATION**

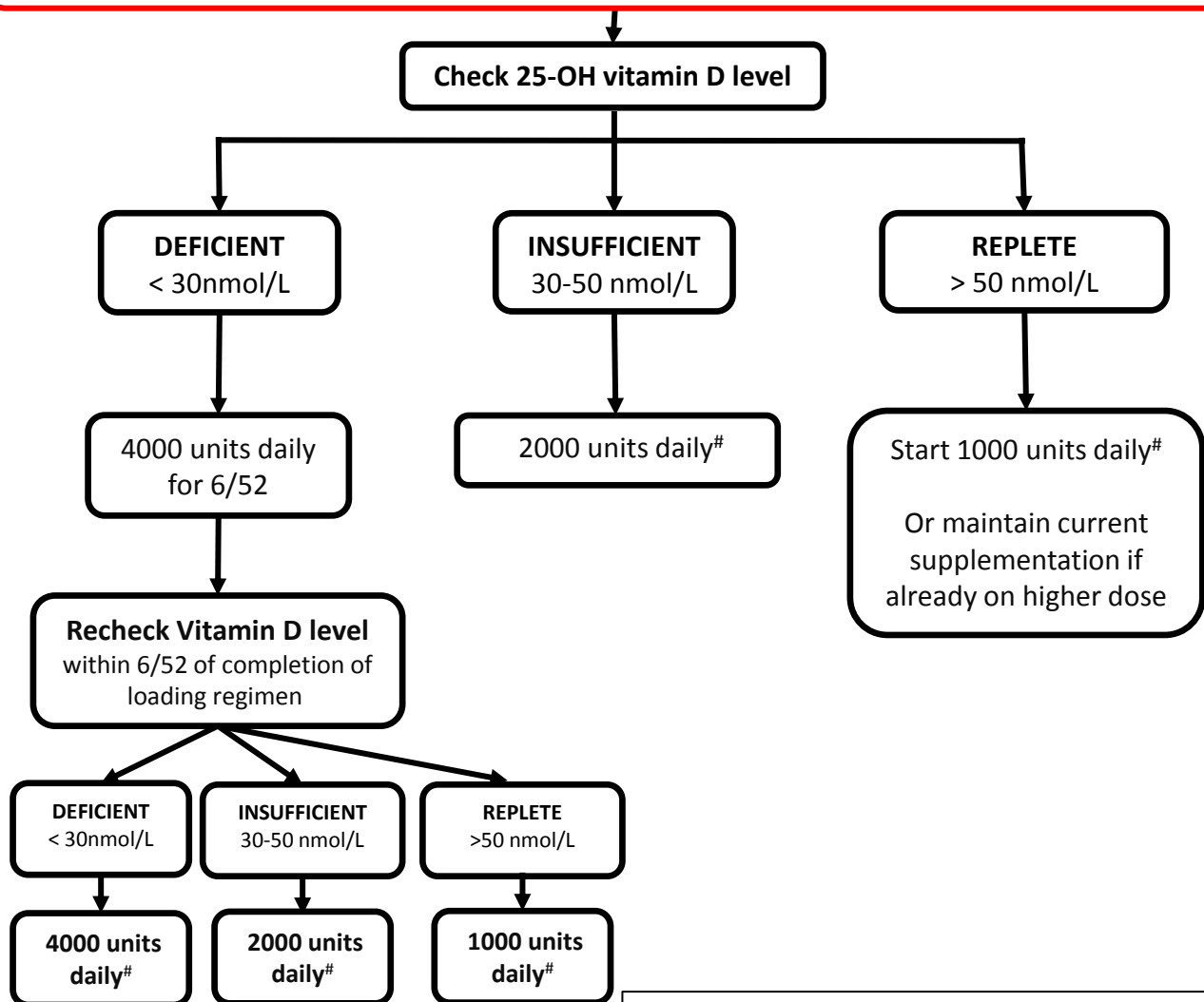
- Non-white skin
- Obese (BMI  $\geq 30$  kg/m<sup>2</sup>)
- Housebound women or who remain covered
- Women with delivery date in November to March
- At risk of pre-eclampsia (as per NICE CG107)

1000 units/day

This algorithm **EXCLUDES** those with CKD 3-4, hyperparathyroidism, granulomatous disease (sarcoidosis, TB) Please check Vitamin D level and refer to Obstetric Medicine. [Silver.star@nhs.net](mailto:Silver.star@nhs.net)

**HIGH RISK CONDITIONS**

- Possible osteomalacia (bone pain, insufficiency or fragility fractures or proximal muscle weakness)
- Previous Vitamin D deficiency (<30nmol/L)
- Multiple sclerosis
- Malabsorption (inflammatory bowel disease, gluten enteropathy, gastric surgery, biliary disease, or intestinal overgrowth)
- Drugs that impair Vitamin D e.g. steroids, antacids, antiepileptics, tacrolimus, rifampicin, anti-retrovirals, cholestyramine, diuretics
- Inflammatory rheumatic diseases



\*All doses quoted are for cholecalciferol  
# To continue until breastfeeding cessation or child weans